

Here are 10 online free services that can help you download videos as MP4 or MP3 files:

1. KeepVid (<https://keepvid.com/>)
2. SaveFrom.net (<https://en.savefrom.net/>)
3. ClipConverter (<https://www.clipconverter.cc/>)
4. Online Video Converter (<https://www.onlinevideoconverter.com/>)
5. Y2mate (<https://y2mate.com/>)
6. FLVTO (<https://www.flvto.biz/>)
7. Convertio (<https://www.convertio.io/en>)
8. Video Grabber (<https://www.videograbber.net/>)
9. BitDownloader (<https://bitdownloader.com/>)
10. Catchvideo (<https://www.catchvideo.net/>)

As for downloadable applications, there are many free applications that can help you download videos as MP4 or MP3 files. Here are a few options:

1. 4K Video Downloader (<https://www.4kdownload.com/products/product-videodownloader>)
2. YouTube-DL (<https://youtube-dl.org/>)
3. Video DownloadHelper (<https://www.downloadhelper.net/>)
4. WinX YouTube Downloader (<https://www.winxdvd.com/youtube-downloader/>)
5. Freemake Video Downloader (https://www.freemake.com/free_video_downloader/)

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